

# HEALTH ISSUES

## Family Cleanliness

### Bathing and Diapering a Newborn or Infant

#### Teacher Note

This skill is to be presented as a demonstration. The leader should cover the points presented below and demonstrate the techniques whenever possible.

#### Suggested Materials:

- Baby - realistic doll
- Baby bathtub or basin
- Gentle soap
- Baby shampoo
- Baby powder
- Washcloth and towel
- Diaper
- Baby Clothes

#### Points to Cover

1. Never leave your baby alone in the bathtub. A baby can drown in a very small amount of water.
2. Never leave your baby alone on a table, sofa, etc. Even a newborn can manage to get to an edge and fall off. Many babies are injured each year by falling off a table, etc.
3. If you start to change the baby or give him a bath and the phone rings or someone comes to the door, wrap him in a towel or blanket and take him with you to answer it - or put him in his crib. Make sure he is safe before you do anything else.
4. To bathe your baby, fill the baby's tub with about 3" of warm water. Check the temperature of the water to make sure that it is safe for the baby.
5. If the bottom of the baby's tub is slippery, place a washcloth on the bottom. This will help stop baby from sliding.
6. On the table, cleanse baby's face, nose, outside of ears - never put anything inside baby's ears - pat dry. Wash his head with baby shampoo and rinse well, lightly rub dry.

## Bathing and Diapering a Newborn or Infant (Continued)

7. Lower baby into the tub. Hold him firmly around his back and under his arm. He can be very slippery.
8. Soap baby's body. Cleanse inside all creases and folds and rinse thoroughly.
9. Remove baby from tub, lay on table, cover with a towel and pat dry. Dry all the creases.
10. If desired, powder baby. Never shake powder on to your baby. First shake it on to your hand away from baby's face. It is not good for your baby to breathe in the powder. Put it on your baby with your hands.
11. Diaper your baby. If you are using cloth diapers, put your hand between the diaper and your baby before you try to pin the diaper. You can handle getting stuck with the pin better than your baby.
12. Dress your baby. When you put your baby's arms into sleeves, put your hand into the sleeve first and grasp your baby's hand - with all his fingers in your hand - and pull his hand through. You baby's fingers seem to have a mind of their own and sometimes it's difficult to get their fingers where you want them. Be careful.
13. Dress your baby in loose, comfortable clothing.